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Shelter in Place: Lessons Learned

By Andrew Damstedt
NSAB Public Affairs
staff writer

After the recent base-wide lockdown onboard Naval Support Activity Bethesda (NSAB) July 6 because of a report of a suspected active shooter, base emergency officials are looking to remind people of the proper procedures for sheltering in place.

While police found no evidence of a shooter, officials are leaning toward construction work being mistaken for gunshots; NSAB Emergency Management Officer Ron Kunz said it was a real event that the great majority of people took seriously.

Overall, Kunz said people responded really well to the incident, saying "it looked like Sunday morning at three in the morning."

"That makes it so much easier for the responding officers to do their jobs and find that perpetrator if everybody is out of the hallways and secured in place," Kunz said.

However, Kunz said there were still a few people who didn't take the call to shelter in place seriously enough, as they were still out after notice was given.

"We had a couple of instances during the sweep when the patrolmen went through [areas] where some people were still getting their cup of coffee down the hallway and may or may not have known what was going on," Kunz said. "The police team's got a mission, so they're going to put



Photo by MC2 Ashante Hammons

Master-at-Arms 2nd Class Robert Baker clears the passageway during an active shooter drill at Naval Support Activity Bethesda (NSAB) Oct. 27, 2014. Due to recent events, NSAB leaders are stressing the importance of proper shelter-in-place procedures during an active shooter event.

the person into a prone position, they're going to search and make sure they're not the perpetrator and they're going to move on. But it's not going to be a friendly little search – they don't have time – so you may get put against the wall. Shelter in place means clear the hallways, get out of the way and let our security department do its job and find this perpetrator."

One of the biggest issues during the lockdown came from people calling dispatch asking whether

it was a drill or a real emergency, Kunz said.

"If they get the text, or if they hear the overhead announcement, they need to take action and respond," he said. "Don't call to verify it before you decide you're going to shelter in place. Get yourself safe; get in there and listen to what's going on. Monitor your texts and emails and updates that will come out. ... If someone yells active shooter or someone says secure in place or shelter in place, do it, without question.

Get in there and lock yourself in and be safe."

NSAB Police Chief DC Stanton said he thought the base response to the shelter in place was good but could be improved with more training and educating people on what to do.

"I was actually surprised at the amount of people that did respond correctly," he said. "They got in their offices and barricaded the door and they hid and they didn't roam around and there wasn't anybody trying to be a hero."

Always working to improve its level of support, NSAB will continue to work with its tenant commands to improve communication and the speed at which personnel are notified when incidents occur, Stanton said.

This was the first time that the installation had been on a base-wide lockdown because of a report of an active shooter, Kunz said. While it turned out not to be anything, Kunz explained he'd rather have people call in anything they find suspicious.

"Don't be afraid to report it," he said. "Let the patrolmen come out and investigate it and if you see something, say something; it's still important. Report what you hear, tell us exactly what you hear and let the patrolmen investigate it."

Kunz shared some guidelines on what to do in the event of an active shooter situation when a shelter-in-place notice has been issued:

- If at the location where the event occurs, get out of that building without compromising your safety
- If outside when an event occurs, take immediate cover, preferably inside a building
- Lock and barricade doors
- Stay away from doors and windows, turn off lights and close blinds
- Block windows
- Keep yourself out of sight and take adequate cover/protection
- Turn off radios and computer monitors and silence cellphones

To contact authorities during a situation on the installation, dial 777 from any base phone, or program the alternate security number 301-295-0999 into your cell phone. Report your specific location, building name and office/room number, the number of people at your location, and if possible provide a description of the suspects.

More information on how to be prepared can be found online at http://www.ready.navy.mil/bethesda/informed/terrorism/active_shooter.html.

Commander's Column

I have been thinking about this column and it has been looming large for me over the past few weeks. I know the feeling behind what I want to say, the looming part is how to be sure that feeling is adequately, clearly, and properly stated. This is my last column as Commanding Officer, Naval Support Activity Bethesda, and I want to take this opportunity to say "Thank you". I have been blessed to have



what is arguably the best job in the Navy... having command. In my thirty year Navy career, I have had excellent assignments and wonderful experiences, made great friends and had dedicated co-workers, and had the opportunity to positively impact the lives of many people and have many people positively impact my life, but there is nothing more special than Command.

Let me begin by thanking all the members of the tenant commands and their leadership for their cooperation and support. Without us all working together, it would have been nearly impossible for us to overcome the challenges that we have faced in the past two years. For example, challenges such as sequestration and funding constraints could have hindered us from successfully completing our collective mission, but due to the assistance, team work, and collective will of the tenant commands in partnership with NSA Bethesda to be mission ready, we succeeded individually and collectively. The culture of excellence across the installation is amazing, whether it be patient care, education, warrior support, or installation management. You make this a special place to heal, learn, serve and live.

Next, I want to thank the NSA Bethesda staff. Your dedication and professionalism is truly remarkable. You have never forgotten the core principle that "Support" is in our name and is central what we do as a mission and as an installation. You have consistently done the "right thing" for those in need of your help, protection, support, and assistance. You have made customer service a routine part of what you do, and you do it with pride and professionalism. Thank you for being

such a great team, supporting each other, our tenants, visitors, patients, and families. You put forth your best effort trying to figure out a way to "yes", and even if/when it has to be "no", you do it in a way that is supportive to the individual person with whom you are dealing. Whether you are someone that is behind the scenes or someone directly interacting with our guests, you understand that our installation mission success is directly linked to the success of the individual in front of you. I am extremely proud of you and the hard work that you do every day.

Lastly, I want to thank my family. As many of you have heard me say, none of us are able to have any success at what we do without the support of co-workers, friends, and family. It is our family that sacrifices along with us whether it is through deployments, changing work schedules, or long hours. Our family supports us silently, in the background, serving us and their country in a way that gets little recognition, notoriety, praise or thanks. I may be biased, but I cannot imagine a more supportive, service oriented, and loving family than the one I have. Because of my career choice, I obligated them to dedicate their lives to service to country. I am a very proud and lucky dad and husband, and I am fortunate and blessed to have Lisa, D.J., and Alexandra in my life. Thank you for all that you have done to support me and NSA Bethesda

Lisa and I welcome CAPT Marvin Jones, his wife, and family to the Naval Support Activity team and family. We wish them all the best, and ask that you provide them the same dedication and support you have so graciously provided us. To everyone, Lisa and I wish you an abundance of blessings, success, health, and happiness. It has truly been our pleasure and honor to serve with and for you, and to be a part of the Naval Support Activity Bethesda family.

**All Ahead Flank,
David A. Bitonti, Capt., DC, USN
Commanding Officer
Naval Support Activity Bethesda**

Bethesda Notebook

2016 Base Guide Updates Needed

Naval Support Activity Bethesda (NSAB) and Walter Reed National Military Medical Center (WRNMMC) Public Affairs staff are currently preparing the 2016 NSAB Base Guide, and we need your help to ensure it is as accurate as possible when printed. This information includes locations and phone numbers. Commands and organizations are encouraged to review their information in the 2015 Base Guide: <http://epublish.panaprint.com/publication/?i=233365>. Provide WRNMMC updates to Sarah Marshall (sarah.e.marshall25.civ@mail.mil; 295-5727) or NSAB and all other commands to Ronald Inman (Ronald.d.inman.civ@mail.mil; 295-1803).

Grand Rounds

Maj. Gen. Jeffrey B. Clark, Walter Reed Bethesda director, will give a Grand Rounds tomorrow at noon in Memorial Auditorium to discuss the importance of disclosures in medicine. All are welcome and encouraged to attend.

NCR-MD Town Hall

Rear Adm. Raquel C. Bono, director of the National Capital Region Medical Directorate (NCR-MD), will host the NCR-MD quarterly town hall Tuesday at 7 a.m. in the Memorial Auditorium. All Walter Reed Bethesda staff members are encouraged to attend.

SAPR interACT Performance

An interACT* Performance in support of the Navy's Sexual Assault Prevention and Response program is scheduled for July 24 in the Memorial Auditorium at WRNMMC. Two sessions are scheduled for 9 a.m. and 1 p.m. interACT is a nationally renowned social justice performance troupe based out of California State University, Long Beach. Since its birth in 2000, the troupe has reached thousands of audience members through its "proactive" (highest level of audience involvement) shows. During performances audience members are literally invited on stage to become active participants, rather than passive observers. The performances allow audience members a safe space to rehearse assertive communication strategies and inspire social and political change.

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WRNMMC Leadership Commends Code White Response

WRNMMC Offers Resiliency Services Following July 6 Event

By Bernard S. Little
WRNMMC Public Affairs staff writer

Walter Reed National Military Medical Center (WRNMMC) officials praised and thanked staff and patients for their “professionalism, compassion and support” following reports of a shot fired in Building 1, which shut down much of the medical center and Naval Support Activity Bethesda (NSAB) July 6.

After a lengthy search by police, no indication of a shooter was discovered.

WRNMMC officials conducted Code White (Active Shooter) debriefings July 8-9 to offer services to those affected by the July 6 event, as well as to get feedback on how to improve emergency response.

“I want to thank each of you for the professionalism, compassion and support that you provided to each other

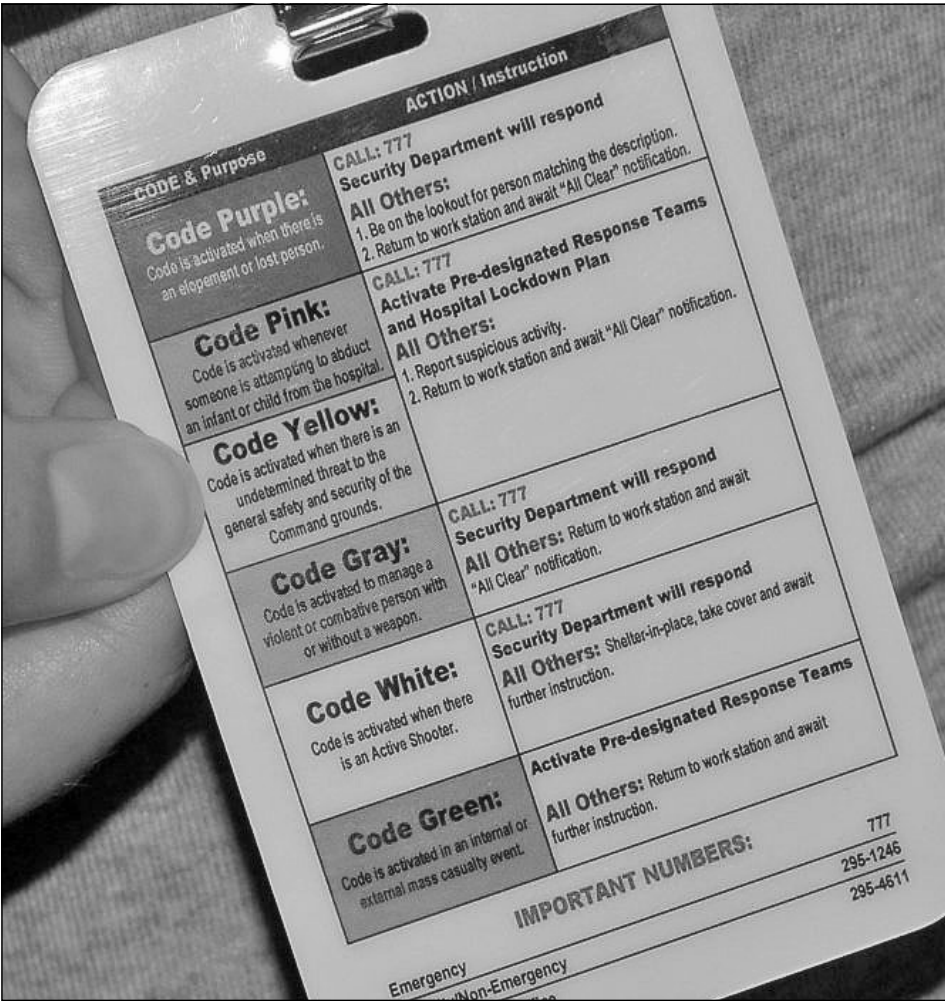
and our patients during [the] Code White event. Emergency Management is receiving valuable input on areas that went smoothly...as well as identifying areas where improvements can occur,” stated Navy Capt. Clarence Thomas Jr., acting WRNMMC chief of staff, in a July 7 email to staff.

“I ask that you also pay particularly close attention to your reactions and those of your colleagues in the coming days. While [the Code White] event has passed, the physical and emotional effects may still be present. These effects will vary based upon how close one may have been to the building, along with other individual factors. What is important to remember is that these reactions are common and normal following an event such as we experienced... Most of these effects will likely pass over the coming days. The key is to recognize

and understand these reactions in yourself and in others to gain information and awareness,” Thomas added.

He stated Walter Reed Bethesda has numerous resources available to staff and beneficiaries to seek support and gather information. They include Pastoral Care (301-295-1510), Resiliency Service (301-400-1974), Behavioral Health (301-295-0500), and Employee Assistance Program (EAP, 800-222-0364). The Fleet and Family Support Center (301-319-4087) is also available for assistance.

The Code White was initiated when a person in WRNMMC’s Building 1, also known as the Tower, called NSAB’s non-emergency dispatch line to report hearing a single shot fired in the building, explained Christopher Gillette, WRNMMC command emergency manager, during last week’s debrief. He said a number



File photo

Staff members at Walter Reed National Military Medical Center (WRNMMC) on Naval Support Activity Bethesda are provided a card with Hospital Emergency Codes to explain their roles during emergencies. During Code White, everyone should shelter-in-place, take cover and await further instruction.

of NSAB, federal, state, as well as emergency county and local police, response teams, re-

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Murtha Cancer Center Hosts Research Seminar, Awareness Day

By Bernard S. Little
WRNMMC Public Affairs staff writer

Army Col. (Dr.) Craig D. Shriver, director of the John P. Murtha Cancer Center (MCC) and professor of surgery at the Uniformed Services University of the Health Sciences (USUHS), said cancer survivor Gina Pardun provided “the most important talk of the day” at the MCC’s recent Third Annual Cancer Research Seminar.

“It reminded all of us why we are here doing what we do,” said Shriver of Pardun’s talk.

The MCC, located at Walter Reed National Military Medical Center (WRNMMC), is the Department of Defense’s (DOD) only Center of Excellence for Cancer Care. The MCC hosted not only the cancer research seminar June 22,

but also Cancer Awareness Day June 23 at WRNMMC.

Pardun, a featured speaker at the seminar, said, “There’s no doubt in our minds we have received the best oncology care right here [at WRNMMC].” She was first diagnosed with ovarian cancer in 2011. “The inpatient oncology ward is wonderful; the 7 West nurses really do understand the special needs, physically and emotionally, of not only cancer patients, but also their families. I appreciated the chance to participate in studies... they provide hope for me and others,” said Pardun, whose husband served in the Navy. Their son is an Army medic.

The seminar also featured, cancer clinicians, researchers and staff who discussed their efforts on a number of fronts in the battle to prevent and treat cancer. Dr. Douglas



Photo by Bernard S. Little

Retired Army Col. (Dr.) Jane Hudak, Center for Prostate Disease Research (CPDR) patient educator, explains to Robert Hohenstein prostate cancer and benign enlargement of the prostate during the John P. Murtha Cancer Center’s Cancer Awareness Day June 23 in the America Building at the medical center.

R. Lowy, acting director of the National Cancer Institute, served as keynote

speaker, explaining efforts to prevent HPV-associated cancers by vaccination and

screening. HPV is the human papillomavirus which causes cervical cancer, the

fourth most common cancer in women accounting for more than 90 percent of HPV-associated cancer and an estimated 266,000 deaths and 500,000 new cases annually.

Lowy said “precision medicine,” or medical decisions, practices and/or products tailored to the individual patient, can be a useful approach for cancer prevention and screening.

“HPV-based screening is an example of precision medicine in cancer screening, and second generation HPV vaccines with activity against a broader range of HPV types should achieve an even greater long-term reduction in HPV-associated disease,” he added.

Following Lowy, Army Lt. Col. (Dr.) Steve Lee, surgical oncologist in the MCC, discussed smokeless

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New Walking Trail Designed for Rehab Patients

By Andrew Damstedt
NSAB Public Affairs
staff writer

This fall, patients at Walter Reed National Military Medical Center (WRNMMC) needing rehabilitation services will be seen outside on a new trail, which is currently under construction on the front lawn.

That could lead to a greater visibility of the care given at the medical center to those passing by on Wisconsin Avenue because the trail will be visible from the street.

"I know this is Walter Reed and when you drive by Walter Reed you see this massive concrete structure – it represents warrior care – home of the best rehab medical care for our service members and families," said Army Col. Matthew St. Laurent, chief of occupational therapy. "How awesome would it be to walk by and drive by and see rehabilitation of our warriors in action? Granted from a distance, but it creates activity and action. And just to see folks

working on their skills is a really cool opportunity for everyone."

The half-mile walkway, dubbed the Lake Eleanor Trail, is being built by a contractor, said Naval Support Activity Bethesda (NSAB) public works department project manager Billy Jaeger.

The trail will meander around the lawn and will be treated with a green rubberized coating so it will blend into the lawn, he said. The trail will be eight-feet wide, have gentle hills, and accommodate both bicyclists and pedestrian traffic.

"Training on hills is part of the rehab process, so we didn't need it to be a flat track," said Army Lt. Col. Shannon Lynch, chief of physical therapy.

Construction on the \$800,000 project began in May and is currently scheduled to be finished by the end of September. Jaeger said the project has been running smoothly, with most of the work so far consisting of removing a lot of the soil. In addition to building the trail, the contract calls

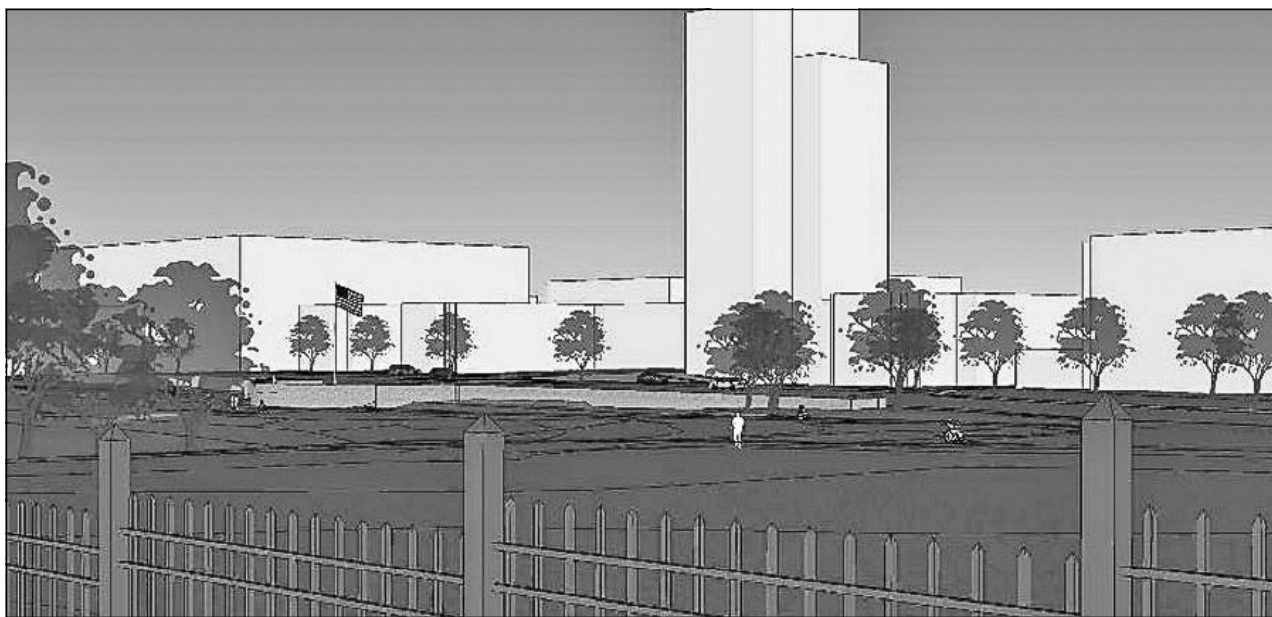


Image courtesy Billy Jaeger

This visualization shows a new trail that is now under construction on the front lawn across from Walter Reed National Military Medical Center. The bicycle/pedestrian trail is expected to be completed by September and will have a green rubberized coating that will blend into the lawn.

for making a path to the Spring House and cleaning up the surrounding area, Jaeger said.

The idea for the trail came about after Naval Facilities Engineering Command sought out ways to improve care for Wounded Warriors and Lynch said the Department of Rehabilitation was looking to get a simi-

lar track the department used previously when located at the Walter Reed Army Medical Center.

So, the department asked for a trail closer to the WRNMMC that could be used by patients in a variety of ways including practicing using hand cycles, learning how to use prosthetics or participating in the adaptive sports

program, St. Laurent said.

"We use these adaptive sports as a way to reintegrate these folks into our society and give them purpose and meaning," he said.

The new trail is right across the street from the department, which is on the first floor of Building 19 whereas now they use

NSAB's MWR Sporting Complex behind the Uniformed Services University of the Health Sciences.

The trail, St. Laurent said, will be viewed as an extension of the clinic.

"It's a place for an individual to go and train," he said. "But also a place for staff to go and enjoy lunch and get a workout."

Ramadan: Islamic Observance Focuses on Discipline, Charity, Spirituality

By Sharon
Renee Taylor
WRNMMC Public
Affairs Staff Writer

"Ramadan Mubarak."

Similar to the greetings "Happy Holidays," or "Merry Christmas," Ramadan Mubarak is the salutation used to greet and recognize Muslims during the holy, month-long observance of fasting, empathy, gratitude and discipline, according to Mohammad Khan, the second Imam to serve as a guide toward the faith with the Pastoral Care Department at Walter Reed National Military Medical Center (WRNMMC).

The religious leader explained the special occasion during a lecture held at the medical center's chapel, June 23. The presentation, attended

by service members, staff and patients, covered aspects of the Muslim holy month including the reason for fasting, how the fast is observed, the facet of discipline, as well as the part fasting plays in other religions.

Observed this year for 30 days between the evenings of June 17 and July 17, Ramadan is the ninth month of the Islamic lunar calendar. Arabic months use the lunar calendar, with each month divided into 29 or 30 days, based upon the new moon. Muslims are required to fast before sunrise up to sunset, according to Imam Khan. In the summer, that appears to be a long time for a fast—abstaining from food, drink or intimate relationships from about five in the morning, until about 8:30 at night.

"Sixteen hours," Khan said. "It's a discipline. It



Photo by Sharon Renee Taylor

Imam Mohammad Khan, a guide toward the Muslim faith with the Pastoral Care Department at WRNMMC, leads the daily Zhuhr prayer during Ramadan, a holy, month-long observance ending this year July 17.

brings you discipline and [that's] one of the things we're showing during the [month-long observance]."

Ramadan is a time for developing empathy and sympathy for the less fortunate along with generosity, the "social dimension" of the holy month, according to Khan.

"People are more generous, more cordial, and more ready than at other times of the year to do good and charitable work...developing community relationships and fostering mutual respect for all," he explained.

Fasting is a way of experiencing hunger and thus learning sincere

thankfulness and appreciation for all of God's bounties, what Khan called the "religious dimension" of Ramadan.

"Many people in the world—refugees through conflict, poor people in famine-stricken areas—have nothing to eat, either it be sunrise or sunset, it doesn't matter. At least we have at sunset something to eat," the Imam said.

He also described the "behavioral dimension" of Ramadan as a means to diagnose bad habits as well as learn to control desires of the mind, carnal self, and heart. These aspects help individuals grow closer to God, and lead to the fourth dimension of fasting, the spiritual.

Ramadan is a time of intensive worship and devotion to God, reading and reflecting on teach-

ings, and serves as a comprehensive thanksgiving which includes giving to charity, according to Khan.

"Ramadan is about practicing self-control and kindness, training oneself to be a better person spiritually and improving relationships with others," he said.

Khan, an Imam for 20 years, said 2015 is the third year for the Ramadan observance at the medical center. Although he was not the first Imam at WRNMMC, he said he'd like to continue in the position for as long as he can.

"I'd like to [continue to] serve our country and our military—whatever I can do, I can do [for them]," he said.

Khan added that he visits two to three pa-

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CODE

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sponded to the call and arrived on scene within minutes.

Gillette said once the Code White was activated, staff members were immediately notified via email, text and by phone to shelter-in-place, which includes clearing all patient waiting areas, reception desks and hallways, closing and locking all doors, turning off lights, closing blinds and silencing phones until an all-clear is issued.

Emergency and critical care patient services were maintained behind closed doors as best as possible during the Code White, Gillette added.

Police conducted a thorough search of the hospital, evacuating occupants from the building. Authorities gave

the all-clear at 2:24 p.m., Gillette said.

Although the shooting appeared to be a “false alarm, it was an eye-opener,” Gillette added. “We train our staff to prepare themselves, our patients and customers to shelter-in-place, and that was really good. Our NSAB police in concert with Montgomery County police jointly managed control of the scene and [established] a unified command system to ensure multiple agencies were following the same script.”

Dr. Joan Gordon, program manager for Resiliency and Psychological Health Services, said her staff is available for one-on-one consultations for anyone who may need it. The Resiliency and Psychological Health Services staff is located in Building 10, seventh floor, room 7241. Appointments are suggested but walk-ins are

welcomed, she added.

Gordon explained reaction to the Code White is individualized, influenced by what a person “brings to the table” including personality, past experiences and proximity and exposure to the event. She said staff, patients and customers on base during the Code White went through an acutely stressful experience which can produce “flight or fright feelings” in some. She added it’s important for

people to remain vigilant yet resilient while taking care of themselves both mentally and physically. She suggested coping skills can include not only talking to someone, but also eating properly, getting the proper amount of sleep, exercising, prayer and meditation, among others.

WRNMMC staff will continue to train and exercise to ensure continuous readiness, Gillette concluded.

RAMADAN

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tients a week at the hospital, but serves close to a hundred or more WRNMMC staffers who are Muslim -- civilians, service members and contractors. Daily Zhuhr prayer service is held at the medical center’s Building 8 Chapel Monday through Thursday at 1:15p.m. On Friday at the same time each week, a congregational

prayer service and study called Juma’ah is held in the chapel.

Muslims celebrate the end of Ramadan with Eid-ul-Fitr, a festive meal of traditional foods. An Eid-ul-Fitr luncheon will be held inside the WRNMMC chapel July 23 from 12:30 to 2p.m.

For more information about Muslim, Catholic, Protestant, Jewish or Hindu religious programs and services, please contact the Pastoral Care Department at 301-295-5150.





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CANCER

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tobacco use in the U.S. military. He said approximately 12.8 percent of U.S. military members are smokeless tobacco users of snuff, chewing tobacco, snus, and more recently, electronic cigarettes. He added use of smokeless tobacco in the general population is about 2.7 percent.

Lee explained smokeless tobacco contains at least 28 carcinogens (cancer-causing agents) and is related to increased risk of oral cancer, esophageal cancer and pancreatic cancer. In addition, smokeless tobacco may cause heart disease, gum disease and oral lesions such as leukoplakia (precancerous white patches in the mouth). He also added users of smokeless tobacco have comparable levels of nicotine in their blood as users of cigarettes. He is currently an investigator in a DOD study to determine why smokeless tobacco use is higher among military members than in the general population; the initiation point of smokeless tobacco use for military members; what factors contribute to smokeless tobacco initiation and continuous use by service members; optimal cessation strategies; and the effects of smokeless tobacco use on military readiness and health.

After Lee, Army Maj. (Dr.) Patrick J. Malafronte, director of the MCC biobank, addressed the opportunities for researchers to use the biobank's resources, which include a range of biospecimens and data, for their investigative projects. He explained researchers demand "high quality" biospecimens because of the increased focus on "personalized medicine," or optimal care based on a patient's genetic content or other molecular or cellular analysis. "What's driven most of this has been cancer," Malafronte said.

Dr. Shiv Srivastava, co-director of the Center for Prostate Disease Research (CPDR) and a USUHS professor, as well as Air Force Lt. Col. (Dr.) Chad A. Hamilton, chief of Gynecologic Oncology Service for the MCC, agreed with Malafronte concerning the importance of quality biospecimens for effective research into cancer prevention and treatment.

"Our work could not have been done without patient specimens," Srivastava said of the CPDR, which has been at the forefront for more than two decades of science and clinical research and treatment to combat diseases of the prostate.

Biospecimens have also enabled the Gynecologic Cancer Center of Excellence to fulfill its mission "to identify molecular alterations in gynecologic cancers and develop novel strategies for prevention, early detection, and precision treatment of these diseases," Hamilton added. "These efforts enhance the experience of care, ensure readiness of the fighting force, and improve beneficiary health..." he added.

Shriver said similar objectives are in place for the Breast Care Translational Research Center of Excellence at WRNMMC, explaining it will "further develop and refine the comprehensive breast care with a multidisciplinary team approach." He then explained data highlighting outcomes of patients treated in the Clinical Breast Care Project at WRNMMC with data from other civilian breast cancer treatment fa-

cilities surveyed in 11 sub-categories (including age, race and stages). "In every sub-category, our survival rates have been either equivalent to, better than or significantly better than civilian data."

Dr. Meera Srivastava also discussed race specific molecular determinants of recurrence in breast cancer. The professor in the Department of Anatomy, Physiology and Genetics, Department of Surgery at USUHS, Srivastava has researched creating a set of diagnostic and prognostic biomarkers to identify race and subtype-specific tumor biosignatures that can accurately predict recurrent and metastatic disease.

Cancer Awareness Day

A day after the seminar, various WRNMMC, MCC departments and services set up displays in the America Building lobby to provide beneficiaries and visitors information about cancers, treatment and prevention during the Cancer Awareness Day event.

Army Maj. (Dr.) Luke Bloomquist, a WRNMMC dermatologist, was on hand to provide advice about prevention of skin cancer, the most common cancer in the United States, according to the Centers for Disease Control and Prevention. More than 3.5 million skin cancers in over two million people are diagnosed annually, according to the Skin Cancer Foundation.

"A lot of it concerns sun exposure," Bloomquist explained. "Sun protection is important. You should remain indoors, if at all possible, when the sun is at its most intense between 10 a.m. and 2 p.m. You can use sunscreen, and I usually recommend people use one that has either zinc oxide or titanium dioxide as the active ingredients because they tend to be the most effective, and they don't have a lot of extra chemicals that can irritate the skin."

He added clothing can also be worn to protect against exposure of ultraviolet (UV) light of the sun. "Wearing long sleeves, long pants, wide-brimmed hats and UV-blocking sunglasses can help," the dermatologist said. He also recommended people check their skin at least monthly for any irregular or changes in moles (particularly those which are brown or black), painful bumps or sores that are not healing properly. "These should be brought to the attention of a dermatologist," he said.

The CPDR also had a table set up at the awareness day event, and retired Army Col. (Dr.) Jane L. Hudak, CPDR patient educator, provided prostate health information to passers-by like Robert Hohenstein. "[We discussed] prostate cancer and benign enlargement of the prostate," he said. "[We also discussed] things to look for in regards to prostate disease (frequent urination, especially at night; blood in urine; painful urination; difficulty starting and maintaining a steady stream of urine; painful ejaculation; pain in back, hips or pelvis), and when to get checked (men at high risk should have this discussion with their health-care provider starting at age 40 or 45, and those at average risk should have this discussion starting at age 50)."

For more information about the John P. Murtha Cancer Center, call 301-295-0120 or email WRNMMC.Cancer.Center@health.mil.



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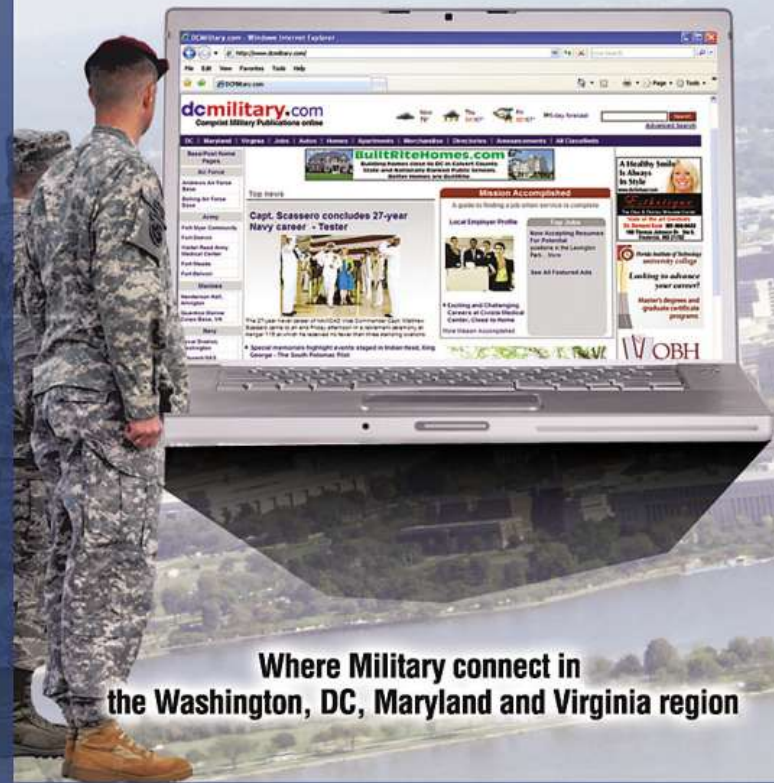
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